

Leisure-On-The-Go

Leisure-On-The-Go is a work unit within the Senior Citizen Programs Division of the city of Las Vegas Department of Leisure Services. This unit works directly to serve low income seniors who reside in the following Housing Authority and/or mobile home sites:

- Archie C. Grant Park
- Arthur D. Sartini Plaza
- Rulon Earl Mobile Home Park
- Three Crowns Mobile Home Park
- Robert Gordon Plaza
- Villa Borega Mobile Home Community

From special events and workshops to day trips and a community garden, **Leisure-On-The-Go** is a great example of how we strive to provide programs and services to a wide array of senior citizens. For more information, please contact Stephanie Richard at 229-4160. 🌅



Community Gardens offer opportunities for socialization, development of community pride, sustainability and fresh grown produce. Participants actively utilize daily living skills while being involved in a rewarding educational and recreational experience. Call Delfina at **229-6690** for more information.

Spring Into Our Enchanted Garden

Join us in this magical celebration commemorating our community garden's one-year anniversary, and see how far we've come.
Friday, March 5, 2010 • 11:30 a.m. • \$2 per person



REACHING OUT TO YOU!

Field Trips • Recreation
Play • Adventure • Fun
Diversity • Education • Socialization

Mayor's Healthy Lifestyle Initiative

Committing to an Improved Quality of Life

Mayor Goodman's vision of a healthy and active community starts with each one of us getting smart, getting up and getting out. Our award-winning parks, recreation centers, cultural centers, swimming pools, and sports complexes offer something for everyone. In addition, our trail systems throughout the city provide ample opportunities for walking, bicycling or jogging.

So we invite you to join us today to begin living beyond the neon. But if you're at all apprehensive about getting involved, or really don't know where to start, please speak with a staff member. We're committed to working together with you to meet your leisure time needs as well as to improve your quality of life. You also can visit www.getfitlasvegas.org to view any special events planned with the Mayor. 🌅



749 Veterans Memorial Drive, Las Vegas, NV 89101

www.lasvegasparksandrec.com

Las Vegas City Council
Mayor Oscar B. Goodman
Mayor Pro Tem Gary Reese, Ward 3 - Councilman Steve Wolfson, Ward 2
Councilwoman Lois Tarkanian, Ward 1 - Councilman Steven D. Ross, Ward 6
Councilman Ricki Y. Barlow, Ward 5 - Councilman Stavros S. Anthony, Ward 4

City Manager Elizabeth N. Fretwell - Deputy City Managers: Orlando Sanchez, James R. Nichols
Chief Urban Redevelopment Officer Scott D. Adams
Department of Leisure Services Director Billie M. Bastian, CPRP



LS-0029-11-09 MD 40108

The Las Vegas ACTIVE ADULT

Your Guide to Living Beyond The Neon at 50+
January-March 2010

Utility Tax Rebate Program

If you are a resident of the city of Las Vegas; are 60 years of age or older; have a taxable income of less than \$16,500 single, \$18,900 married or head of household; you may qualify for this rebate of franchise taxes on your electric, gas and home phone bills. Bring in complete copies of your 2009 NV Energy Power, Embarq (Century Link) Telephone and Southwest Gas bills. You must provide identification and proof of income. (The bill must be in the name of the person filing for the rebate. If the spouse is deceased please bring proof.)

Begins the week of Jan. 4, 2010 and ends March 15, 2010 unless otherwise noted. You may apply for the rebate at the locations listed below.

Drop in only. First come, first served.

Centennial Hills Active Adult Center
6601 N. Buffalo Drive • 229-1702
Friday, Jan. 8, Feb. 5, & March 5
1-3 p.m.

Derfelt Senior Center
3343 W. Washington Ave. • 229-6601
Monday, 9 a.m.-Noon

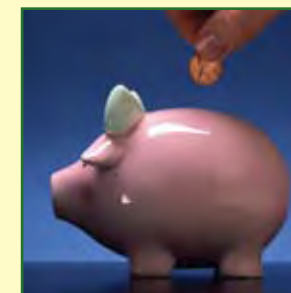
Doolittle Senior center
1930 N. J St. • 229-6125
Wednesday, 1-4 p.m.

Downtown Senior Services Center
310 S. 9th St., 1st floor • 229-6125
Monday-Thursday, 9 a.m.-2 p.m.

**East Las Vegas Community/
Senior Center**
250 N. Eastern Ave. • 229-1515
Monday-Thursday, 9 a.m.-2 p.m.
(Begins Jan. 11)

Howard Lieburn Senior Center
6230 Garwood Ave. • 229-1600
Tuesday, Noon-3 p.m.

Las Vegas Senior Center
451 E. Bonanza Road • 229-6454
Thursday, 9 a.m.-Noon and 1-3 p.m.

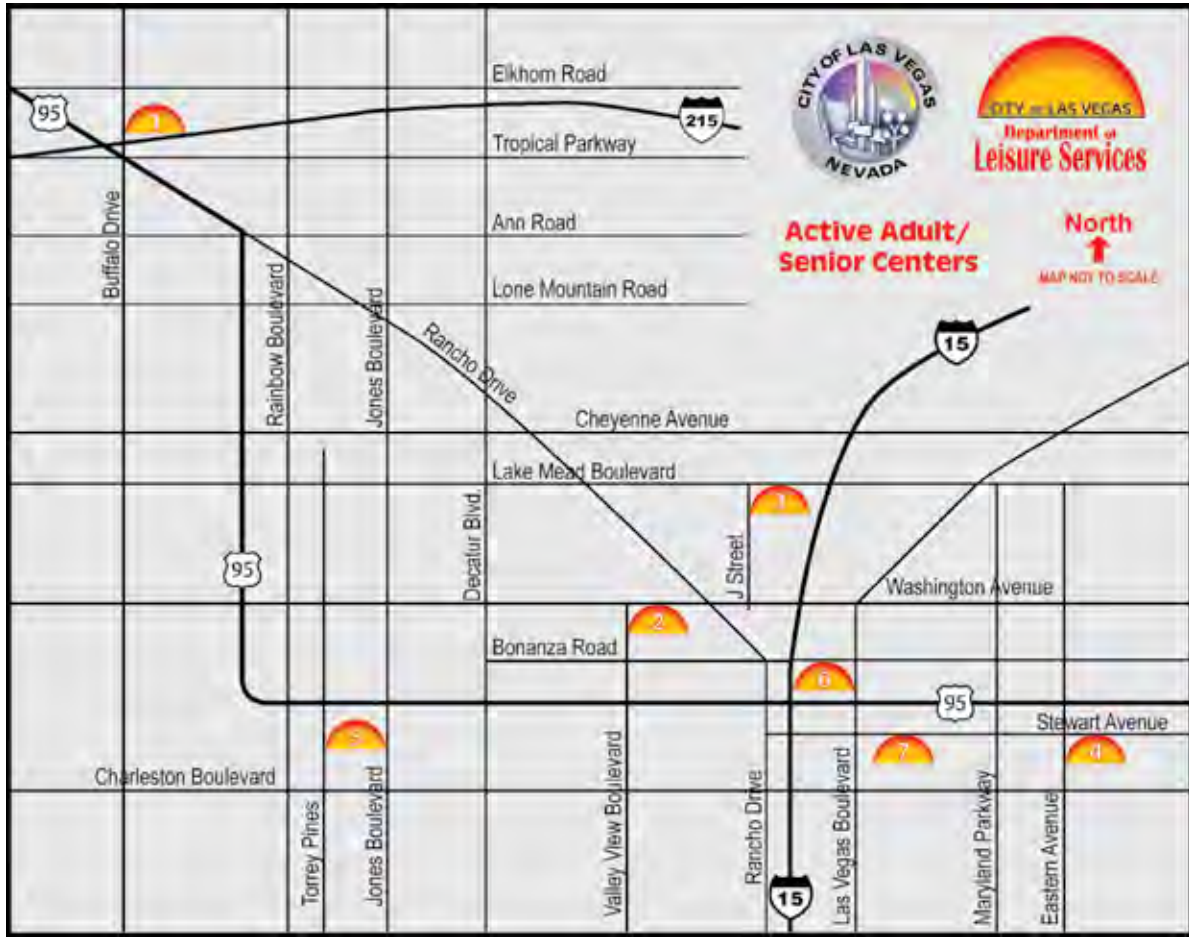


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Para información en español, llame al 229-6690.

Facility Locations & Contacts



All facilities closed Jan. 1, Jan. 18, Feb. 15.

- 1

Centennial Hills Active Adult CenterMonday-Thursday, 8 a.m.-8 p.m.; Friday, 8 a.m.-6 p.m.
6601 N. Buffalo Drive
229-1702 *Coordinator: Roney Fuller*
- 2

Derfelt Senior CenterMonday-Friday, 8 a.m.-4 p.m.
3343 W. Washington Ave.
229-6601 *Coordinator: Amy Solich*
- 3

Doolittle Senior CenterMonday-Friday, 8 a.m.-5 p.m.
1930 N. J St.
229-6125 *Coordinator: Nicole Koerwitz*
- 4

East Las Vegas Community/Senior CenterMonday-Friday, 8:30 a.m.-4:30 p.m.
250 N. Eastern Ave.
229-1515
- 5

Howard Lieburn Senior CenterMonday-Friday, 8 a.m.-4 p.m.
6230 Garwood Ave.
229-1600 *Coordinator: David Walker*
- 6

Las Vegas Senior CenterMonday-Friday, 8 a.m.-8 p.m.
451 E. Bonanza Road
229-6454 *Coordinator: Lettie Peters*
- 7

Downtown Senior Services CenterMonday-Friday, 8 a.m.-5 p.m.
310 S. Ninth St., 1st Floor
229-6690 *Customer Service: Delfina Flores*
- Senior Citizens Law Project**Monday-Friday, 9 a.m.-4 p.m.; **By Appointment Only**
310 S. Ninth St., 2nd Floor
229-6596 *Project Administrator: Sheri Cane Vogel, Esq.*

Getting Started

Classes and activities are subject to change. Fees are per class unless otherwise noted. Please call individual facility to verify times and dates. Annual membership required is \$2. Please register for special events and workshops at least one week in advance. All day trips require advance registration and non-refundable transportation fee; spaces are limited and additional costs are noted. Registration will begin the first business day of the month before the event.

Online registration is also available for activities that include a class code at www.clvbeyondtheneon.com. Please call any facility if you need assistance.

We are committed to recognizing, respecting and serving our diverse community. We strive to present a broad variety of programs and services that offer a conscious acceptance, education and inclusion of people of all ages, abilities and backgrounds.



Park Ambassadors

Get involved today!

Volunteering keeps you active and connects you to the community. **Park Ambassadors** are the eyes of the neighborhood and help keep the parks safe for everyone. In addition, they contribute their time and talents on projects at hospitals and community centers for the holidays and special occasions throughout the year.

Responsibilities include daily inspection of your park and greeting the visitors. Interested volunteers may call Stephanie Richard at 229-4160 for more information. Thank you in advance...we can't do it without you!

Meeting Schedule

- Jan. 14 • 10 a.m. • Derfelt Senior Center
- Feb. 11 • 10 a.m. • Derfelt Senior Center
- Mar. 25 • 9 a.m. • Derfelt Senior Center

Park ambassadors help preserve our parks for a better tomorrow!

This edition of **The Active Adult** has a wide variety of classes, activities and workshops that were designed with your leisure-time needs in mind.

The Senior Citizen Programs Division continues to encourage and promote healthy lifestyles with programs that offer physical activities, exciting programs and fun ways to meet new friends. Our centers are run by top notch staff that work hard to develop programs that meet your needs. For locations, program hours and phone numbers, please see the map on the previous page.

Please feel free to share with staff any ways that we can improve this brochure. We value your ideas and want to make sure that this brochure provides the information you need. We look forward to a fantastic fall and winter season of activities for you.

Thank you for being our customer!

Sincerely,

Ed Jost

Ed Jost
Manager
Senior Citizen Programs Division



AARP Free Tax Preparation

See page 24 for information.

Working together with you to meet your leisure-time needs is our priority.

Got some ideas for new programs and activities you'd like to share? We welcome them all! Some of our best classes, workshops and special events have come directly from suggestions from you, our valued members. Keep them coming!

Derfelt Senior Center

CLASSES & ACTIVITIES

229-6601

- ♥ = Heart Healthy Activities
- * YMCA is located at 3521 N. Durango Drive (at Gowan)
- ** By Appointment only



Monday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$3
♥ 8 a.m.	Tighten & Tone	\$1
♥ 8:30 a.m.	Blood Pressure Checks (1 st Monday & 3 rd Wednesday)	Free
♥ 9 a.m.	Yoga for Health	\$3
9 a.m.	Knit & Crochet	\$1
9 a.m.	Utility Tax Rebate processing	Free
9:30 a.m.	Compulsive Eaters Anonymous	Call
9:30 a.m.	Computers, beginning	\$25/4 weeks
♥ 10 a.m.	Chi Kung	\$5
10 a.m.	Chieko's Painting & Pastel, advanced	Call
♥ 11 a.m.	Tai Chi	\$5
11 a.m.	Self-Exploration	\$3
11:30 a.m.	Party Bridge	Call
Noon	Open Computer Lab	Free
Noon	Zumba	\$3
♥ 1 p.m.	Bowling at Santa Fe	\$3/3 games
1 p.m.	Texas Hold 'Em	Free
♥ 1:30 p.m.	Chair Fitness	\$3
3:30 p.m.	BMI, Body Fat & Flexibility Testing (1 st Monday)	Free

Tuesday

♥ 8 a.m.	Tighten & Tone	\$1
8 a.m.	Open Computer Lab	Free
8:30 a.m.	Oil & Acrylic Painting, beginning	\$3
♥ 9 a.m.	Tai Chi with Terry	\$3
9 a.m.	Chieko's Painting & Pastel, advanced	Call
9:30 a.m.	Compulsive Eaters Anonymous	Call
10 a.m.	Movies (2 nd , 3 rd , 4 th Tuesday)	Free
♥ 10:30 a.m.	Line Dance	\$3
10:30 a.m.	Solitaires Social Club (1 st Tuesday)	Free
11 a.m.	Yoga with Nancy	\$3
♥ 11:15 a.m.	Slim & Trim (Mary Lou at YMCA*)	\$3
11:30 a.m.	Duplicate Bridge	Call
11:30 a.m.	Computers, intermediate	\$25/6 weeks
12:30 p.m.	Cooking Club (4 th Tuesday)	NEW! \$2

Wednesday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$3
♥ 8 a.m.	Tighten & Tone	\$1
♥ 9 a.m.	Yoga for Health	\$3
9 a.m.	Quilting	\$3
9:30 a.m.	Compulsive Eaters Anonymous	Call
9:30 a.m.	Computers, beginning	\$25/4 weeks
♥ 10 a.m.	Chi Kung	\$5

Wednesday (continued)

10:30 a.m.	Oil Painting with Joanne (1 st & 3 rd Wednesday)	\$3
♥ 11 a.m.	Pilates	\$3
11 a.m.	Bunco & Brunch (1 st Wednesday)	\$3
♥ 11 a.m.	Tai Chi	\$3
Noon	Open Computer Lab	Free
Noon	Mah Jongg	Free
1 p.m.	Creative Writing	Call
1:30 p.m.	Monthly Craft Workshop (4 th Wednesday)	Call

Thursday

8 a.m.	Tighten & Tone	\$1
8 a.m.	Open Computer Lab	Free
♥ 8:30 a.m.	T.O.P.S. Weigh-In	Call
♥ 9 a.m.	Tai Chi with Terry	\$3
9 a.m.	Conversational Spanish	\$5
9:30 a.m.	Guitar, beginning	\$1
♥ 9:45 a.m.	T.O.P.S.	Call
♥ 10 a.m.	Yoga with Nancy	\$3
10 a.m.	Park Ambassadors (2 nd Thursday)	Free
10:30 a.m.	Guitar, advanced beginning	\$1
♥ 11:15 a.m.	Slim & Trim (Mary Lou at YMCA*)	\$3
11:30 a.m.	Card Club (Party Bridge)	Call
Noon	LV Senior Softball Association (2 nd Thursday)	Free
1 p.m.	Scrapbooking Club (1 st & 3 rd)	Free
1 p.m.	Blackjack NEW!	Free
1 p.m.	Cribbage NEW!	Free
♥ 1:30 p.m.	Chair Fitness	\$3

Friday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$3
8 a.m.	Open Computer Lab	Free
♥ 9 a.m.	Yoga for Health	\$3
9 a.m.	Chieko's Painting & Pastel, advanced	Call
10 a.m.	Writing for Pleasure	\$3
♥ 11 a.m.	Pilates	\$3
♥ 12:30 p.m.	Ballroom Dance with JoJo	\$5
1 p.m.	Book Club (2 nd Friday)	NEW! Free
1 p.m.	Amputee Coalition of Nevada (2 nd Friday)	Free
1 p.m.	Good Time Singers NEW!	Call
1 p.m.	Get Hired! NEW!	\$25/6 wks

EVENTS

Please register at least one week in advance.

Soup's On

Join us for a bowl of homemade soup served with bread, dessert and beverage.

Fridays	• Noon • \$2.50
Jan. 22	Sweet Sausage & White Bean (528193)
Jan. 29	Tomato Florentine (528194)
Feb. 5	Potato Cheddar (528195)
Feb. 26	Multi-Bean (528196)
March 5	Split Pea with/without Ham (529388)
March 26	Hearty Vegetable (529390)

Bunco Bonanza

Wednesdays	• 11 a.m. • \$3
Jan. 6 (528197)	Feb. 3 (528198)
March 3 (528199)*	

*Wear green and be prepared for a great, green meal.

Toenail Trimming Clinic

First come, first served. Limited to 15 people.

Thursday, Jan. 14 • 11:45 a.m.–12:45 p.m. • Free

New Year's Resolution Luncheon (528203)

Wednesday, Jan. 13
11:30 a.m. • \$5



Monthly Breakfast at Derfelt

Join us for a healthy treat each month. In recognition of the Mayor's Healthy Lifestyle Initiative, those who attend the Tighten & Tone or Fitness Over 50 exercise class immediately prior to breakfast will receive an incentive toward breakfast and pay only \$2.

Wednesdays, 9 a.m. • \$3
Jan. 20 (528200) Biscuits & Gravy
Feb. 17 (528201) Valentine's Breakfast

EVENTS (continued)

National Peanut Brittle Day

Come by and get chunk of homemade peanut brittle.

Tuesday, Jan. 26 • All day
Free



Valentine's Day Luncheon (528204)

All-you-can-eat spaghetti with meat & vegetarian sauce, bread, salad, dessert and a raffle.

Wednesday, Feb. 10 • 11:30 a.m. • \$5

St. Patrick's Day Lunch (529403)

Wear your green and join us for the traditional favorites.

Wednesday, March 10
11:30 a.m. • \$6



Learn What Your Name Means Day

Give us your name and we'll try to find its meaning.
Wednesday, March 10 • All Day • Free

Breakfast Potluck (528202)

Wednesday, March 17 • 9 a.m.
Free



National Letting Go of Stuff Day

Clean out those closets and get rid of all the "stuff" cluttering up your house. Bring your good-condition items to us and we will transport them to a local charity.

Thursday, March 25 • All Day • Free

Notary Services

Monday-Friday, 1-3:30 p.m.

BY APPOINTMENT ONLY

The notary public will not be doing credible witness; will do subscribing witness on a case-by-case basis.
Free

AARP Free Tax Preparation

See page 24 for information.

WORKSHOPS

Please register at least one week in advance.

Community Wellness Series

Presented by UNR Cooperative Extension:

Food for Health & Soul (528183)

Food for Health and Soul is a nutrition education curriculum designed to teach skills to modify family-favorite recipes for better health.

Tuesdays • 9 a.m. • Free

Jan. 19 • Feb. 23

Wellness Seminars

1st Thursdays

9 a.m. • Free

Jan. 7

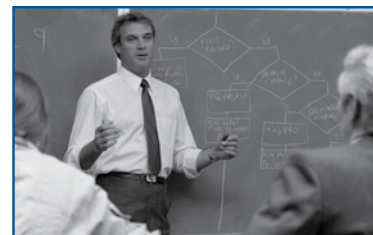
Sexual and Prostate Health (530156)

Feb. 4

What is a Carb? Blood Glucose and Your Diet (530157)

March 4

Body Mass Index? What is it and how do you measure up? (530158)



Monthly Craft Workshop (531306)

Create a seasonal craft. Call Derfelt Senior Center for the specific craft and price for that month.

4th Wednesdays, 1:30 p.m.

Fee: call 229-6601

Jan. 27 Valentine's Craft

Feb. 24 St. Patrick's Craft

March 24 Spring Craft

Words on Wheels –

Library Services

Register for a free library card and check out items that are brought to the center every three weeks.

Wednesdays • 10 a.m. • Free

Jan. 6 & 27, Feb. 17,

March 10 & 31



EDUCATION

Get Hired! There is a job for you.

This six-week course will teach the ins and outs of finding work for seniors in these challenging economic times.

Fridays • 1-3 p.m. • \$25/6 weeks

Jan. 15-Feb. 19 (531307)

March 12-April 16 (531308)



Beginning Computer Classes

\$2 must be paid with pre-registration.

Mondays and Wednesdays • 9:30-11:30 a.m.

\$25/4 weeks

Intermediate Computer Classes

\$2 must be paid with pre-registration.

Tuesdays • 11:30 a.m.-1:30 p.m. • \$25/6 weeks

AARP 55 Alive Mature Driving Program

Mondays, \$12 AARP members, \$14 non-members

Jan. 11 9 a.m.-1 p.m. (528171)

Jan. 25 11 a.m.-3 p.m. (528258)

Feb. 8 9 a.m.-1 p.m. (528256)

Feb. 22 11 a.m.-3 p.m. (528259)

March 8 9 a.m.-1 p.m. (528257)

March 22 11 a.m.-3 p.m. (528260)

Be heart smart!

The American Heart Association says most women are susceptible to heart disease or stroke. Discuss prevention measures with your doctor today.

Doolittle Senior Center

CLASSES & ACTIVITIES

229-6125

♥ = Heart Healthy Activities



Monday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
♥ 9 a.m.	Strength Training	Free
♥ 9 a.m.	Table Tennis	Free
10 a.m.	Camera Club (1 st Monday)	Free
♥ 10 a.m.	Chair Fitness	Free
10 a.m.	Jewelry Making Class NEW!	50¢
♥ 10 a.m.	Bowling (Meet at Santa Fe)	\$2.25
	plus shoe rental	
11 a.m.	Doolittle Inspirational Singers	Free
♥ 11 a.m.	Shuffleboard	Free
12:30 p.m.	Sewing	Free
12:30 p.m.	Guitar Class	\$4
1 p.m.	Chess	Free
1 p.m.	Pinochle Class NEW!	Free
	(1 st and 2 nd Monday each month)	
1:30 p.m.	Guitar Club	Free
	Must have completed class to participate.	
♥ 2 p.m.	Nintendo Wii	Free

Tuesday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
♥ 9 a.m.	Stretch and Circulation Class	Free
♥ 9-11 a.m.	Blood Pressure Check	Free
	(1/5, 2/2, 3/2)	
9:30 a.m.	Library Outreach	Free
9:30 a.m.	Picture/Scrapbook Album Club	Free
♥ 10 a.m.	Walking Group	Free
♥ 10 a.m.	Shuffleboard	Free
Noon	Bingo	Call
1 p.m.	Game Show Games	Free
1 p.m.	Quilting Class	\$2
♥ 3 p.m.	Nintendo Wii	Free
♥ 3:30 p.m.	Senior Self Defense NEW!	Free

Wednesday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
9 a.m.	Community Garden	Free
♥ 9 a.m.	Strength Training	Free
♥ 10 a.m.	Chair Fitness	Free

Wednesday (continued)

10 a.m.	Crocheting NEW!	50¢
11 a.m.	Red Hat Divas (3 rd Wednesday)	Free
	(1/20, 2/17, 3/17)	
11 a.m.	Scrabble Club NEW!	Free
12:30 p.m.	Sewing, beginning	Free
1 p.m.	Pinochle Class NEW!	Free
	(1 st and 2 nd Wednesday each month)	
2 p.m.	Nintendo Wii	Free
3 p.m.	Shuffleboard	Free

Thursday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
♥ 9 a.m.	Stretch and Circulation Class	Free
10 a.m.	Name That Tune (1/21, 2/18, 3/18)	Free
♥ 10 a.m.	Walking Group	Free
11 a.m.	Scrabble Club	Free
Noon	Bingo	Call
Noon-5 p.m.	Computer Lab	Free
1 p.m.	Game Show Games	Free
1 p.m.	Zumba	\$3
♥ 2 p.m.	Table Tennis	Free
2 p.m.	Kings in the Corner	Free
♥ 3 p.m.	Nintendo Wii	Free

Friday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
♥ 8 a.m.	Table Tennis	Free
♥ 9 a.m.	Strength Training	Free
10 a.m.	Amos & Andy Movie Series	Free
♥ 10 a.m.	Chair Fitness	Free
♥ 11 a.m.	Soul Line Dancing	Free
♥ 2 p.m.	Nintendo Wii	Free
♥ 3:30 p.m.	Senior Self Defense NEW!	Free

Don't lose your curiosity about life! It's never too late to explore a new activity.

FEATURES

Doolittle Express

We have a snack bar that serves homemade sandwiches, soup, hot dogs, toast, bagels, salad bowls and more.
Monday-Friday • 9 a.m.-2 p.m. • 5¢ to \$2.50

Award-Winning Community Garden

Join our work crew and reap the benefits of fresh vegetables, fruits and flowers. The garden has 40 raised gardening beds and is located in the 1200 block of Blankenship. Please call the center to get involved and for further details. Master Gardener Don Fabbi meets on Wednesdays, 9 a.m.

Senior Fitness Room Open Daily

Equipment includes treadmills, bicycles, free weights and weight machines.
Monday-Friday • 8 a.m.-5 p.m. • Free with membership

EVENTS

Please register at least one week in advance.

Camera Club

First Monday of the Month • 10 a.m.



Health is Wealth

Tuesdays • 10 a.m. • Free
Jan. 5, Feb. 2, March 2

Picture Album Club

Bring back good memories with old pictures in new photo albums.
Tuesdays • 9:30-11 a.m. • Free, bring your own picture album

Jazz Lovers Junction

Join fellow Jazz lovers! Bring your music and share stories.
Wednesdays • 11 a.m.-3 p.m. • Free
Jan. 27, Feb. 24, March 31

Back to the Blues

Join fellow Blues lovers! Bring your music and share stories.
Friday, March 12
11 a.m.-3 p.m. • Free



EVENTS (continued)

Country Kickers

Join fellow country music lover! Bring your music and enjoy the sounds.
Friday, Jan. 22 • 11 a.m.-3 p.m. • Free

Name That Tune

Thursdays • 10 a.m. • Free
Jan. 21, Feb. 18, March 18

Doolittle Cinema and Popcorn

Mondays • 1 p.m. • Free
Jan. 11, Feb. 8, March 15



Current Events Discussion and Goodies

Mondays • 9 a.m. • Free
Jan. 11, Feb. 8, and March 8

Free Shred It Day

Twice a month bring all of your paperwork that needs to be shredded and we will shred it. This will help prevent identity theft.
Mondays, Jan. 25, Feb. 22 and March 22 • 10-11 a.m.
Fridays, Jan. 8, Feb. 5, March 5 • 2-3 p.m.

Old Movies Weekly Series

Two 30-minute episodes of *Amos & Andy* every week.
Fridays • 10-11 a.m. • Free

Hoagie Wednesdays

Includes a hoagie, cup of soup, dessert and a drink.
11 a.m.-noon • \$3 per meal
Jan. 6 • Feb. 3 • March 3

BUNCO Blast

1-3 p.m. • Free (Must bring a new bought \$3 gift)
Thursday, Jan. 14 (530099)
Tuesdays, Jan. 26 (530100)
Tuesday, Feb. 9 (530104)
Thursday, Feb. 25 (530105)
Thursday, March 11 (530106)
Tuesday, March 23 (534184)

AARP Free Tax Preparation

See page 24 for information.

EVENTS (continued)

Joke Day

Bring your clean jokes to share with the group.
Thursdays • 11 a.m. • Free
Jan. 28, Feb. 25 and March 25

Monthly Birthday Celebration

Thursdays • 11:30 a.m. • Free
Jan. 28, Feb. 25 and March 25

Doolittle Senior Quarterly Query

We provide information on upcoming events and see what activities you would like to have at our center.
Tuesday, March 9 • 10 a.m. • Free

Cell Phone 411 (530014)

Monday, March 8 • 1 p.m. • \$1

Black History Month Trivia

Test your knowledge of famous people, music, events and mile-stones.
Tuesday, Feb. 11
11 a.m.-noon • Free



Pre Valentine Day Sweetheart Luncheon

Come join us for Valentine's Day and enjoy a spaghetti lunch.
Friday, Feb. 12 • 12:30-2:30 p.m. • \$3

National Pie Day Celebration (530025)

Bring a pie to share.
Thursday, Jan. 21 • 11 a.m. • Free

National Chips and Dip Day (530023)

Enjoy chips and dip while playing in our regular bingo session. Regular bingo is 75¢.
Tuesday, March 23 • Noon-1 p.m. • \$1

National Waffle Day Breakfast (530048)

Enjoy waffles with grits, bacon and coffee.
Thursday, March 25 • 9-11 a.m. • \$3

Senior Ride Program

Get information and be able to fill out applications for free cab rides.
Friday, Jan. 8 • 11 a.m.-1 p.m. • Free
Monday, March 29 • Noon-2 p.m. • Free

EVENTS (continued)

MLK Potluck Birthday Celebration

Thursday, Jan. 14 • 10:30 a.m.-Noon • Free
Presentation: Home and Health Information
Get educated on Medicare, Medicaid, Durable Medical Equipment and Prescriptions.
Tuesday, Jan. 12 • 10:30 a.m. • Free

Cardio Circulation Info Session

Discover the connection between cardio and disease of the legs while learning the proper tools for good circulation.
Tuesday, Jan. 26 • 10 a.m. • Free

Goodtime Fish Fry

Register in advance; space is limited.
Thursday, Feb. 4 • 11 a.m. • \$7

American Blood Center Blood Drive

Tuesday, Feb. 16 • 10 a.m.-1 p.m.
By Appointment • Free

Ask the Attorney

Sponsored by the Senior Citizen Law Project.
Tuesday, Feb. 23 • 10 a.m. • Free

Southwest Gas Presents: Seniors Helping Seniors

Thursday, March 4 • 10-11:30 a.m. • Free

Springtime Tea Party

Wear your colorful hats and bring your favorite cup and saucer for a delightful afternoon of cookies, cakes and a variety of teas.
Thursday, March 11 • 10-11:30 a.m. • \$2

Diabetes Awareness Program

This diabetic program will give you the ins and outs of how to keep your diabetes under control.
Tuesday, March 16 • 10-11:30 a.m. • Free

Luck of the Irish Luncheon

Enjoy a St. Patrick's Day lunch with corn beef and cabbage.
Wednesday, March 17 • 11 a.m. • \$5

UNLV School of Dentistry and National Tooth Ache Day

Let the students from UNLV check out your smile. Advance registration required.
Tuesday, Feb. 9 • 10 a.m. • Free

EVENTS (continued)

Taco Day (530031)
You can choose either soft, hard or taco burger.
Tuesday, March 30 • 11 a.m.-Noon • \$3

A to ZINC
A doctor will be here to answer questions about meds, vitamins and the effect they can take on each other.
Thursday, Jan. 7 • 10:30 a.m. • Free

Food 4 Health and Soul (530077)
Learn the do's and don'ts of seasonings, preparations and the kinds of foods that are healthier for you. Prepare and taste recipes cooked in healthy ways. Must commit to six classes.
Wednesdays, Jan. 13, 20, 27, and Feb. 3, 10, 17 10 a.m. • Free

American Heart & Stroke Association 411
Topics include heart disease, fitness, nutrition, smoking and several other important areas.
Tuesday, Jan. 19 • 10 a.m. • Free

Stroke Education Valley Hospital NEW!
Learn information on how to prevent and/or cope after a stroke.
Thursday, Jan. 28 • 10:30 a.m. • Free

HIV and AIDS Awareness Presentation
Learn the facts and understand how to protect yourself.
Thursday, Feb. 11 • 10 a.m. • Free

Eating for Maximum Good Health Valley Hospital NEW!
Good nutrition and helpful information on preventing diabetes and health concerns.
Thursday, Feb. 18 • 10 a.m. • Free

Senior Safety Alert System
Learn the importance of protecting yourself while at home. This seminar will provide you with the information to make the decision to 24 hour medical and emergency systems
Wednesday, March 10 • 10 a.m. • Free

EDUCATION

Computer Classes
Four-week classes start the first week of the month. Learn the basics and enjoy the one-on-one training. Only four participants per hour session. Classes are FREE. Registration for each session will start the first day of business of the month prior.

Basic Computers Skills I			
Thursdays	January	February	March
10-11 a.m.	(530008)	(530009)	(530010)
Basic Computers Skills II			
11a.m.-noon	(530011)	(530019)	(530012)

AARP Safe Driving Course
Lower your insurance premium!
\$12 for members, \$14 for non-members, payable to AARP Instructor.
Wednesdays
9 a.m.-1 p.m.
Jan. 6 (530012)
Feb. 3 (530021)
March 3 (530022)



WORKSHOPS
Please register at least one week in advance.

Card Making - Make and Take
Thursdays, Jan. 14, Feb. 11, March 11
\$2 payable to instructor; leave with six cards/envelopes.

Cake Décor Workshop
Decorate a cake and take it home; supplies are included. Class size is limited, so please register early.
Thursday, Feb. 11 • 2-4 p.m. • \$5 (paid to the instructor)

Flower Pot Pens (530064)
When you leave this workshop you will have a beautiful bouquet of flower pens ready to use.
Tuesday, March 9 • 10 a.m. • \$3

Smoothie Making
Learn how to make a nutritional snack.
Friday, March 26 • 10 a.m. • \$1

East Las Vegas Community/Senior Center

CLASSES & ACTIVITIES 229-1515

♥ = Heart Healthy Activities

Computer room has open lab times. Please see center staff for days and times.



Monday
9 a.m. Senior Trading Library Free
♥ 9 a.m. Mat & Stand-Up Exercise \$2
9 a.m. Open Computer Lab Free
9 a.m. Canasta, Cribbage and Pinochle Free
♥ 10 a.m. Chair Exercise \$2
♥ 11 a.m. Nintendo Wii Free
♥ 11:30 a.m. Tap Dance, beginning \$2
11:30 a.m. Lunch \$2
♥ 12:15 p.m. Blood Pressure Checks Free
12:30 p.m. Texas Hold 'Em Poker Free
1 p.m. Shutter Bugs Camera Club Free
1 p.m. Movie Madness (1/11, 2/8, 3/8) Free
1 p.m. Bunco Desert Pot Luck (Last Monday)
1 p.m. Multi-Media Art Class \$5
2:30 p.m. Sr. Jazz, beginning Call
4 p.m. Jazz, advanced Call

Tuesday
♥ 8:30 a.m. Walking Group Free
9 a.m. Computer Class \$10/3 weeks
9 a.m. Acrylic Painting \$5
9 a.m. Canasta, Cribbage and Pinochle Free
9 a.m. Puzzle Club Free
♥ 9 a.m. Hula, beginning \$5
♥ 10 a.m. Medicare Counseling Free
♥ 10 a.m. Hula, intermediate \$5
11 a.m. Open Computer Lab Free
♥ 11 a.m. Nintendo Wii Free
11:30 a.m. Lunch \$2
12:30 p.m. Bridge \$3
1 p.m. Cell Phone 101 (2nd Tuesday) \$1
♥ 1 p.m. Korean Folk Dance \$5
2 p.m. Computer Class \$10/3 weeks
♥ 3 p.m. Japanese Dance \$5
♥ 6 p.m. Square Dance Lessons \$4

Wednesday
♥ 9 a.m. Mat & Stand-Up Exercise \$2
9 a.m. Canasta, Cribbage and Pinochle Free
9 a.m. Open Computer Lab Free
♥ 10 a.m. Chair Exercise \$2
11:30 a.m. Lunch \$2

Wednesday (continued)
12:30 p.m. Spanish \$10/4 weeks
12:30 p.m. Texas Hold 'Em Poker Free
12:30 p.m. Piano, intermediate \$5
1 p.m. SLR Camera Class \$5
1 p.m. Encore Dance Call
1:30 p.m. Piano/Keyboarding \$5
2 p.m. Computer Class \$10/3 weeks

Thursday
♥ 8 a.m. Walking Group Free
9 a.m. Computer Class \$10/3 weeks
9 a.m. Canasta, Cribbage and Pinochle Free
♥ 9 a.m. Tap Dance \$2
9 a.m. Kids-to-Kids Book Cleaning Free
9:30 a.m. Line Dancing, beginning Free
10 a.m. Crafty Fun (2nd Thursday) Free
10 a.m. Bridge Lesson Call
10 a.m. Red Hat Society (1st Thursday) Free
10:30 a.m. Line Dancing, intermediate \$3
11 a.m. Open Computer Lab Free
11:30 a.m. Tap Dance, advanced \$2
11:30 a.m. Lunch \$2
Noon eBay Class \$20/4 weeks
12:30 p.m. Texas Hold 'Em Poker Free
♥ 1 p.m. Ballroom Dance \$5
2 p.m. Computer Class \$10/3 weeks
♥ 7 p.m. Square Dance \$3

Friday
♥ 9 a.m. Mat & Stand-Up Exercise \$2
9 a.m. Quilting Social Free
9 a.m. Canasta, Cribbage and Pinochle Free
9 a.m. Open Computer Lab Free
♥ 9:30 a.m. Line Dance Practice Free
♥ 10 a.m. Chair Exercise \$2
♥ 11 a.m. Hula Practice \$3
11 a.m. Quilting Class \$3
11:30 a.m. Lunch \$2
Noon Zumba for Seniors NEW! \$3
12:30 p.m. Round Table Book Club (1st Friday) Free
2 p.m. Digital Camera Class (1/29-2/19) \$20

AARP Free Tax Preparation
See page 24 for information.

EVENTS

Please register at least one week in advance.

Monthly Breakfast

9-10 a.m. • \$2
Thursdays
Jan. 7 • Feb. 4 • March 4

Line Dance Social

Noon-4 p.m. • \$2
Come on down and dance all afternoon with us.
Jan. 8 • Feb. 12 • March 12

Leg Care Lecture

Dr. Robert Ruess a cardiovascular doctor is sharing information on diseases of the legs.
Wednesday, Jan. 21 • 10 a.m. • Free

Texas Hold'em
Tournament (507225)

Wednesday Jan. 27
1 p.m. • \$2
No cash buy in and prizes will be awarded.

Super Bowl Fever

Friday Feb. 5 • 11:30 p.m. • \$2
Wear your favorite team colors and enjoy an afternoon of Coney dogs, football trivia, movies and a chance to pick your own dream team.

The Heat Is On

Monday, Feb. 1 • 1-3 p.m. • \$1
This is a friendship hunt! It is a fun and light way to make new friends. You will be given a list of questions to ask in a short amount of time at the end you will tally up the points to see who you would be most compatible with.



EVENTS (continued)

Chocolate Festival

Wednesday, Feb. 17
1 p.m. • \$4
Sample a variety of chocolates including candies, cakes and pastries.



The Writing on the Wall

Wednesday, Feb. 24
1 p.m. • \$2
Do you have what it takes to be a CSI? Come and analyze forensic evidence and test your investigative skills.

Bunco Tournament

Monday, March 1 • 1 p.m. • \$2
No experience needed: learn as you roll the dice!

St. Patrick's Day
Dinner

Wednesday, March 17
3:30 p.m. • \$4
Enjoy a traditional Irish dinner!



4th Diggy Awards

Monday, March 22
1 p.m.
Various categories, \$2 per entry.



EDUCATION (continued)



Computer Classes

Three-week classes begin the second week of each month. All classes meet Tuesdays & Thursdays. \$10/session payable before first class.

January

Intro to Computer 9-10:30 a.m.
Windows 2-3:30 p.m.

February

Windows 9-10:30 a.m.
Internet 2-3:30 p.m.

March

Internet 9-10:30 a.m.
Intro to Computers 2-3:30 p.m.

Open Computer Lab

Wireless high-speed internet access is available.
Call for dates & times.

WORKSHOPS

Please register at least one week in advance.

E-mail

Friday, Jan. 8 & 15 • 10 a.m.-noon \$2
Sign up for an e-mail address, learn to send pictures, forward messages, add contacts and manage your inbox.

55 Alive Safe Driving

\$12 AARP members; \$14 non-members payable to AARP. Call to register.
9:30 a.m.-1:30 p.m.
Jan. 14 • Feb. 18 • March 18

AARP Free Tax Preparation

See page 24 for information.

WORKSHOPS (continued)

Cooking Workshops

2-4 p.m. • \$2
Jan. 13
Feb. 10
March 10



Digital Photography Class

Friday, Jan. 29-Feb. 19 • 10 a.m. – Noon • \$20

Picasa Photo Editing

Monday, Feb. 1 • 1-3 p.m. • \$5

Money Matters

Wednesday, Feb. 10, March 10 • 10 a.m. • Free
This is a series of financial seminars.

Hawaiian Baskets

Thursday, March 18 • 12:30-2:30 p.m. • \$5
You will learn how to make Hawaiian baskets.

Facebook

Monday, March 29
1-3 p.m. • \$2
Learn to use Facebook to keep in touch with friends and family. Learn to chat, share photos and even play some fun games.



Balancing Workshop

Tuesday, March 30 • 10 a.m. • Free
The balancing center of Las Vegas will be here to discuss and evaluate somatosensory, safety wariness and vertigo. Learn about treating dizziness and balancing disorders.

Planning for Travel

Wednesday, March 31
Noon-2 p.m. \$2
Learn to book your travel online.



Howard Lieburn Senior Center

CLASSES & ACTIVITIES

229-1600

♥ = Heart Healthy Activities
* = Computer lab closed during classes.
** = Supplies Extra



Monday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8 a.m.	Table Tennis	Free
♥ 9 a.m.	Fitness Assessment (Call 229-1604)	\$10
♥ 9 a.m.	Yoga	\$5
♥ 10 a.m.	Fitness Assessment (Call 229-1604)	\$10
10 a.m.	Art Class	\$3*
Noon	Red Hat Goodtime Girls (1 st Monday)	Free
Noon	Daughters Utah Pioneers (2 nd Monday)	Free
Noon	Party Bridge	Free
Noon	Ceramics	\$5*
♥ Noon	Low-Impact Aerobics with Natalie	\$3
Noon	Red Hat Ladies of Joy (3 rd Monday)	Free
Noon	Texas Hold 'Em Poker	Free
1 p.m.	Lecture Series (3 rd Monday)	Free
1 p.m.	Digital Camera Club (2 nd Monday)	Free

Tuesday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9 a.m.	Strength & Flexibility Exercise	\$1
9:30 a.m.	Computer Class	\$6/3 weeks
10 a.m.	N.A.R.F.E. Service Office	Free
10:30 a.m.	Spanish, Beginning	\$3
11 a.m.	Computer Class	\$6/3 weeks
♥ 11 a.m.	In Balance Training with Doris	\$3
11:30 a.m.	Red Hat Lieburnettes (2 nd Tuesday)	Free
Noon	Open Bridge NEW!	Free
12:30 p.m.	Intro to eBay & More	\$20/4 weeks
1 p.m.	Alzheimer's Support Group (1 st & 3 rd Tuesday) NEW!	Free
1 p.m.	Cooking Club (2 nd Tuesday)	\$2
1 p.m.	Bunco (March 30) NEW!	\$2
♥ 1 p.m.	Fitness Assessment (Call 229-1604)	\$10
1 p.m.	New Hope Grief/Loss Support Group	Free
1 p.m.	Scrabble (1 st & 3 rd Tues.); Yahtzee, Chess, Checkers (2 nd & 4 th) NEW!	Free
1:30 p.m.	Indoor Sports Arcade NEW!	Free
♥ 2 p.m.	Fitness Assessment (Call 229-1604)	\$10

Wednesday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8 a.m.	Table Tennis	Free

Wednesday (continued)

8:30 a.m.	Breakfast Nook (1 st Wednesday)	\$2
9 a.m.	Circuit Training (Instructor Approval)	\$3
9:30 a.m.	Guitar	Free
9:30 a.m.	Kids-to-Kids (1 st & 3 rd Wednesday)	Free
10 a.m.	Cell Phone One-to-One (3/10)	\$2
10 a.m.	Digital Photography Class	\$20/4 weeks
11 a.m.	Nimble Thumbs/ Needle Crafts	Free
11 a.m.	Reader Theatre Club	Free
Noon	Pinochle	Free
♥ Noon	Low-Impact Aerobics with Natalie	\$3
♥ 1 p.m.	Jazz & Tap Dancing	\$3
1 p.m.	Melodrama Theatre NEW!	Free

Thursday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9 a.m.	Strength & Flexibility Exercise	\$1
♥ 9:30 a.m.	T.O.P.S. <i>First Meeting</i>	Free
9:30 a.m.	Computer Class	\$6/3 weeks
10 a.m.	Ask the Master Gardener	Free
10 a.m.	N.A.R.F.E. Board Meeting	Free
10 a.m.	Hand & Foot Canasta	Free
10:30 a.m.	Mah Jongg	Free
11 a.m.	Computer Class	\$6/3 weeks
♥ 11 a.m.	Tai Chi	\$5
11:30 a.m.	M.S. Exercise Class	Free
Noon	Quilting	\$3
1 p.m.	Movie/Trivia Day (2 nd & 4 th Thurs.)	Free
1 p.m.	N.A.R.F.E. General Meeting (2 nd Thursday)	Free
2:30 p.m.	New Member Orientation (1 st Thursday)	Free

Friday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
9:30 a.m.	Angelic Choir NEW!	\$5
♥ 10 a.m.	Chi Kung	\$5
♥ 10 a.m.	Blood Pressure/Heart Rate Checks (2 nd Friday)	Free
10 a.m.	Hand & Foot Canasta	Free
♥ 11 a.m.	Tai Chi	\$5
♥ 11 a.m.	Lieburn Lunches (1/8, 1/22, 2/12, 2/26, 3/12, 3/26)	\$4

Friday (continued)

Noon	Pinochle	Free
12:30 p.m.	Spanish, Intermediate	\$3
1 p.m.	Plastic Canvas Needlework NEW!	Free
2:30 p.m.	Zumba (Latin Aerobics)	\$3

EVENTS

Please register at least one week in advance.

Movie/Trivia Day

Enjoy trivia followed by a movie on our new big screen.
Thursdays, Jan. 14, Jan. 28, Feb. 11, Feb. 24, March 11, March 25 • 1 p.m. • Free

New Member Orientation

Thursdays • 2:30 p.m. • Free
Jan. 7, Feb. 4, March 4

Monthly Breakfast

Wednesdays • 9 a.m. • \$2
Jan 6 (514458) Feb. 3 (514459) March 3 (514460)

Cooking Club

Learn recipes from exotic places around the world.
Tuesdays • 1-3 p.m. • \$2
Jan. 12 (514420)
Feb. 9 (514421)
March 9 (514422)



Bunco (528456)

Fast, fun and easy!
Tuesday, March 30 • 1-3 p.m. • \$2

Luncheons

Advance registration required.
Fridays • 11 a.m. (food served at 11:30 a.m.) • \$4
(514461) Jan. 8 *New Year's Luncheon*
(514462) Jan. 22 *Voices of Freedom*
(514463) Feb. 12 *Valentine's Day Luncheon*
(514464) Feb. 26 *Chinese New Year Luncheon*
(514466) March 12 *St. Patrick's Day Luncheon*
(514467) March 26 *Welcome Spring Cookout*

Lieburn Lecture Series

Mondays • 1-3 p.m. • Free
March 15 (514517)
Clark County Coroner's Office Michael Murphy

WORKSHOPS

Please register at least one week in advance.

Food for Health and Soul **NEW!**

Wednesdays • 2:30-3:30 p.m. • Six classes • Free Information, demonstrations and food tasting. Modify your favorite family meals for better health. Instruction provided by the University of Nevada Cooperative Extension.
Starts Feb. 3, 2010 (529906)

Picasa

Enhance your photos digitally using digital software.
Monday • 10 a.m.-Noon • \$5
March 15 (514442)

Ask a Lawyer – General Legal Seminar

An elder law attorney from the Senior Citizens Law Project will give a free legal seminar on issues of particular interest to seniors. Reserve your spot by calling 229-6596 as space is limited.
Tuesday, March 23 • 10 a.m.-Noon

Your First Digital Camera Workshop

These are the very basics of how to use your new camera.
Thursday • 2-3:30 p.m. • \$2
Jan. 21 (514506) Feb. 18 (514507) March 18 (514508)



AARP Safe Driving Course

\$12 AARP members; \$14 non-members; payable to AARP.
\$2 center membership card. Call to register.
Thursdays • 11 a.m.-3 p.m.
Jan. 21 (514506) Feb. 18 (514507) March (514508)

COMPUTER CLASSES

Tuesdays & Thursdays

January:

Word Processing (514424)	9:30-10:30 a.m.
Intro to Computers (514427)	11 a.m.-12 p.m.

February:

Intro to Computers (514425)	9:30-10:30 a.m.
Internet & E-mail (514428)	11 a.m.-12 p.m.

March:

Intro to Computers (514426)	9:30-10:30 a.m.
Word Processing (514429)	11 a.m.-12 p.m.

Las Vegas Senior Center

CLASSES & ACTIVITIES

229-6454

♥ = Heart Healthy Activities

The center has a small library and billiards room open daily.



Monday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
♥ 9 a.m.	Video Aerobics	Free
9 a.m.	Cribbage	Free
♥ 9 a.m.	Ping Pong/Table Tennis	Free
10 a.m.	China Painting	\$3
1 p.m.	Bingo Excitement	75¢ per session
2:30 p.m.	Farkle (2 nd & 4 th Monday)	\$1
2:30 p.m.	Bunco (1/11, 2/15 & 3/15)	\$1
♥ 6 p.m.	Round Dance, advanced	\$5
6 p.m.	So. NV Gem and Mineral Society (1 st Monday)	Call
♥ 6 p.m.	Round Dance, advanced	\$5
6 p.m.	Gold Prospectors (Last Monday)	Call

Tuesday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
♥ 9 a.m.	Indoor Walking Club	Free
10 a.m.	Japanese Embroidery	\$3
♥ 10 a.m.	Nintendo Wii	Free
10 a.m.	Woodcarving & Wood Burning	Free
♥ 10:30 a.m.	Tap Dance, beginning	\$3
11 a.m.	Hamburger Tuesday (closed 2/16)	\$2+
11 a.m.	Medicare SHIP Program (3 rd Tues. by appt.)	Free
11 a.m.	Purple Passions Red Hat Society (4 th Tuesday)	Call
♥ 11:30 a.m.	Tap Dance, intermediate/advanced	\$3
Noon	Porcelain Workshop	\$3
♥ 1 p.m.	Cowboy Mike's Line Dance Class (Noon on 2 nd Tuesday)	\$3
1 p.m.	Monopoly Day (1 st Tuesday)	Free
1 p.m.	Senior Tripsters (2 nd Tuesday)	Call
1 p.m.	Texas Hold 'Em	Free
3 p.m.	Jewelry Making (1 st Tues.)	\$5
3 p.m.	Wire Wrapping (except 1 st Tuesday)	\$5
♥ 3:15 p.m.	Swing Dance with JoJo	\$5
5 p.m.	Silversmith Class	Call
♥ 5 p.m.	Ballroom Dance Social	\$4

Wednesday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free

Wednesday (continued)

♥ 9 a.m.	Blood Pressure Screening	Free
♥ 9 a.m.	Video Aerobics	Free
9 a.m.	Ukrainian Egg Design with Zoria	\$3
♥ 10 a.m.	Tai Chi with Billie Ann	\$3
10:15 a.m.	Info Services Committee Meeting (1 st Wednesday, 1/6, 2/3, 3/3)	Free
♥ 11:30 a.m.	Ukulele Dance Practice (Must be in Ukulele Class)	Call
Noon	Musical Theatre NEW!	Free
♥ 1 p.m.	Ballroom Dance Class with JoJo	\$5
♥ 1 p.m.	Shuffleboard	Free
♥ 1 p.m.	Hawaiian Dance Co.	Call
1 p.m.	Fun Time Singers (Chorus)	\$3
3:30 p.m.	Desert Wins Duplicate Bridge	Call
♥ 6 p.m.	Round Dance Class	\$5

Thursday

8 a.m.	Open Computer Lab	Free
8 a.m.	Morning Media	Free
♥ 9 a.m.	Indoor Walking Club	Free
9 a.m.	Crochet and Knit	Free
9:30 a.m.	Wax In-Lay Beading	\$3
10 a.m.	Humanities Discussion Group	Free
10:30 a.m.	Quilting Workshop	\$3
11 a.m.	Ukulele, beginning	\$3
Noon	Ukulele, intermediate	\$3
1 p.m.	Texas Hold 'Em Lessons/Class	\$3
1 p.m.	Afternoon Movie	Free
1 p.m.	Quilting Class	\$3
2 p.m.	Computers, beginning (Classes begin 1/7 & 2/25)	\$20/6 weeks
3 p.m.	Computers, intermediate (Classes begin 1/7 & 2/25)	\$20/6 weeks
4 p.m.	Guitar, intermediate	\$3
4 p.m.	Open Computer Lab	Free
♥ 4:30 p.m.	Hula, advanced	\$3
6:30 p.m.	Frontline Recovery Group	Call

Friday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
9 a.m.	Cribbage	Free
♥ 9 a.m.	Video Aerobics	Free
9 a.m.	Oil Painting Class	\$3
♥ 10 a.m.	Tap Dance, beginning	\$3

Friday (continued)

♥ 10 a.m.	Ping Pong/Table Tennis	Free
♥ 11 a.m.	Belly Dance	\$3
11 a.m.	Frankfurter Friday	\$1 Hot Dog
11:30 a.m.	Ceramics	\$3
Noon	Chinese Mah Jongg	Free
Noon	Computers, beginning (Classes begin 1/7 & 2/25)	\$20/6 weeks
Noon	Blue Card Duplicate Bridge	Call
1 p.m.	Computers, intermediate (Classes begin 1/7 & 2/25)	\$20/6 weeks
1 p.m.	Afternoon Movie	Free
♥ 2:30 p.m.	Ballroom Dance Social	\$4
♥ 5:30 p.m.	Dance Gig East Coast Swing Instruction/Social	\$3
♥ 6:30 p.m.	Ballroom Basics Dance Class with JoJo	\$5

EVENTS

Registration begins the first working day of the month prior to the date of the event, unless otherwise noted.

National Rubber Ducky Day (530561)

Join us as we celebrate the fabulous Rubber Ducky!
Wednesday, Jan. 13 • 1-3 p.m. • \$2

Kick Off The New Year Luncheon (530559)

Make a resolution, sing karaoke and enjoy a wonderful Italian luncheon.
Wednesday, Jan. 20 • 11:30 a.m.-1 p.m. • \$4

Casanova's Sweet Cuisine Luncheon (530558)

Celebrate Valentine's Day with style! Registration begins on Jan. 5
Friday, Feb. 12 • 11:30 a.m.-1 p.m. • \$4

National Pancake Day (530557)

Enjoy hot delicious pancakes on this national day. Please register in advance. Due to this celebration there will be no hamburger Tuesday on Feb. 16
Tuesday, Feb. 16 • 9:30 a.m.-1 p.m. \$1.50 per stack or \$3 for full meal

Under the Rainbow: St. Patrick's Celebration (530562)

Enjoy a traditional feast with all of your favorites!
Wednesday, March 17 • 11:30 a.m.-1 p.m. \$5

EVENTS (continued)

Let's Make a Deal! (530560)

Do you want to deal with us for prizes. Based on the popular TV game show. Come in your zany costumes, or not, and make a deal with us! You could win a great prize!
Friday, March 26 • 1 p.m. • \$1

Spring Tea Party (534178)

Registration begins March 1, 8 a.m. (Limit 2 registrations per person.) Space is limited.
Tuesday, April 20 • 11:30 a.m.-1 p.m. • \$5



19th Annual 90 Plus Banquet "A Day of Renaissance"

Step back to the age of Renaissance as we host the annual 90 plus banquet celebrating the lives of seniors 90 years of age or older. If you are or you know someone that will be 90 or older by May 21 we would like to invite them to this annual event. Call 229-6454 by March 31 to be added to the mailing list. Reservations are required for this event.
Friday, May 21 • 4:30-6 p.m.

January is National Soup Month (534129)

Make your best soup recipe and share it. We'll provide the extras, salad and breadsticks.
Wednesday, Jan. 27 • 11:30 a.m. -1 p.m. • Free for cooks/\$2 all others

February is National Pie Month (534141)

Bake your favorite pie and join us.
Wednesday, Feb. 24 • 1-3 p.m. • Free for cooks, \$2 all others

March is National Noodle and Sauce Month (534175)

Make your favorite sauce and noodles for this celebration.
Wednesday, March 24 • 11:30 a.m.-1 p.m. • Free for cooks, \$2 all others

EVENTS (continued)

Winter Birthday Bash (530566)
Celebrate your birthday with us!
(Free for those with birthdays in January-March).
Wednesday, March 31 • 2-3 p.m. • Free/\$1

Croquet Party (530563)
Play a vigorous round of croquet.
Thursday, March 11 • 10 a.m.-Noon • \$1

Red Hat Rally (533207)
All Red Hat members meeting at a city of Las Vegas Senior Center are invited to join us! Enjoy live entertainment, displays and a three-course sit down meal! Tickets go on sale March 1.
Friday, April 23 • 11 a.m.-1:30 p.m. • \$10

WORKSHOPS
Please register at least one week in advance.

AARP Safe Driving Course
\$12 AARP members, \$14 non-members
(payable to AARP instructor)
Class Times: 9 a.m.-1 p.m.
Jan. 8 & 22 • Feb. 12 & 26 • March 12 & 26

Red Velvet Cake Workshop (534164)
Come and learn to make fabulous Red Velvet cake! Everyone leaves with a giant red velvet and cream cheese icing cupcake, and you will help create the dessert for the next day’s luncheon.
Thursday, Feb. 11 • 1 p.m. • \$2

Shamrock Cookie Bouquets (534175)
Make a shamrock cookie bouquet to decorate your home or give to a friend.
Wednesday, March 10 • 10:30 a.m. • \$4

Musical Theatre From Comedy To Chorus Line NEW!
Our experienced instructor Ann Vizzaccero will teach you to perform in musical theatre and comedy.
Wednesday, Noon • Free

Fun Time Singers (New Director)
We have a new chorus director.
Wednesday • 1 p.m. • \$3

Computer Classes

Beginning and Intermediate Computer
Join us for monthly computer classes taught by our experienced instructor. Beginning computer (basic windows and Word) and intermediate computer (e-mail and the Internet) classes are six weeks of one-hour classes on Thursday and Fridays. A new class begins on Thursday, Jan. 7 and Feb. 25.
Beginners: Jan. 7 (530537)
Intermediate: Jan. 7 (530538)
Beginners: Feb. 25 (530540)
Intermediate: Feb. 25 (530541)

Open Computer Lab
Come and practice your skills! Computers are available on a first come, first served basis and have a time limit of two hours. You must check in at the front desk to utilize the lab.
No instruction or assistance will be provided for Open Computer Lab sessions.

GAMES

Monopoly Day
Tuesday • 1-4 p.m. • Free
Jan. 5 (530582) • Feb. 2 (530603) • March 2 (530605)

Bunco
No experience or skill needed; come learn as you play!
Mondays • 2:30-4 p.m. • \$1
Jan. 11 (530583) • Feb. 1 (530578) • March 15 (530579)

Farkle
A fun dice game filled with twists and turns.
Mondays • 2:30-4 p.m. • \$1
Jan. 25 (530586) • Feb. 8 (530587) • Feb. 22 (530588)
March 8 (530589) • March 22 (530590)

Shuffleboard (Indoor)
Wednesdays • 1-3 p.m. • Free

Monthly Texas Hold 'Em Poker Tournament
Tuesdays • 12:30-4 p.m. • \$2
Jan. 19 (530620) • Feb. 16 (530621) • March 16 (530622)



Active Adult/Senior Center Day Trips

Join us for fun-filled day trips!
Participants must have a current membership. Advance registration and a \$2 non-refundable transportation fee are required per trip. Space is limited for each trip and additional costs are noted. Additional costs must be paid day of trip directly to the trip location. Participant is responsible for providing his/her own lunch or purchasing lunch where noted, as well as any personal spending money. Please call the individual facility for more information.

Dates Registration Opens			
Dec. 1 - January Day Trips • Jan. 4 - February Day Trips • Feb. 1 - March Day Trips			

Centennial Hills Active Adult Center229-1702	Additional Cost		
Let’s Make a Deal (530030)	Jan. 28	9 a.m.-3 p.m.	
<i>Get your costume on and be ready to make a deal!</i>			
Jewelry Show in Laughlin (523244)	Jan. 19	8 a.m.-3 p.m.	Personal + Lunch \$
<i>Visit the vendors at the Laughlin Jewelry Show.</i>			
Thrift Store Shopping Excursion (523245)	Feb. 3	9 a.m.-2 p.m.	Personal \$
<i>We’re heading to the local thrift stores to see what treasures we might find!</i>			
Madame Tussaud’s Wax Museum (523252)	Feb. 23	10 a.m.-3 p.m.	Lunch \$
World Market Tour (523255)	March 11	10 a.m.-2 p.m.	Lunch \$
Gordon Biersch Tour (523253)	March 16	10 a.m.-3 p.m.	Lunch \$
<i>Get a behind-the-scenes tour of the Gordon Biersch Brewery and have lunch in the restaurant.</i>			

Derfelt Senior Center.....229-6601	Additional Cost		
CSI-The Experience Day Trip (528207)	Jan. 8	9 a.m.-2 p.m.	Admission & Lunch \$
<i>This is your chance to experience one of television’s hottest shows. Lunch on your own in the MGM.</i>			
Let’s Make a Deal (528208)	Jan. 28	9:30 a.m.–3:30 p.m.	Bring lunch
<i>Get your costume on and be ready to make a deal!</i>			
Hike- Hart Peak near Searchlight (528205)	Feb. 12	8 a.m.-2 p.m.	
<i>Moderate level hike, 6/10, to view Castle peaks. Bring a sack lunch and water.</i>			
Hike- Keyhole Canyon-Nelson (528206)	March 12	8 a.m.-2 p.m.	
<i>Hike to petroglyphs; a moderate, 6/10 level hike. Bring a sack lunch and water.</i>			
City Center Tour (528209)	Feb. (Call for date)		Lunch \$
<i>Come tour Vegas’ newest extravaganza.</i>			
Russell’s Restaurant Lunch, College of Southern Nevada (528210)	March 19	11 a.m. – 2 p.m.	\$7. 95 for lunch
<i>A fine restaurant meal at a diner price.</i>			

Doolittle Senior Center229-6125

Additional Cost

Bellagio Conservatory Décor and Lunch (530030)	Jan. 27	9 a.m. - 3 p.m.	Lunch \$
<i>Enjoy the beauty of the Chinese New Year season in bright lights and design. Bring your camera because this is something you won't want to miss. We will then enjoy a great lunch at Bahama Breeze before returning to Doolittle.</i>			
Trip to the Strip Photo Ops (530028)	Feb. 26	9:30 a.m.-2 p.m.	Lunch \$
<i>The photo club will travel on the strip to take picture of the hotels. Bring your camera and enjoy the ride while site seeing. We will stop for lunch at Palace Station.</i>			



Spring Out at Floyd Lamb Park (530029)
March 24 9:30 a.m. -3 p.m. • \$3
*Enjoy a day of fishing and picnic.
We will have a BBQ, games and fishing.
If you're fishing please have a current fishing license.*

Buffet Breakfast and Movie	Fridays	9 a.m.-3 p.m.	Movie & Breakfast \$
Jan. 15 (530053) Feb. 19 (530027) March 19 (530054)			
<i>Like having an all around great day? Come with us to a local Station Casino buffet for breakfast and then kick back to a new release movie. Space is limited.</i>			

East Las Vegas Community/Senior Center.....229-1515

Additional Cost

Lake Las Vegas Tour and Botanical Gardens	Jan. 22	Van leaves at 10 a.m.	Lunch \$
<i>Spend the day at Lake Las Vegas and see the botanical gardens take a tour of the village and enjoy lunch at your favorite restaurant.</i>			
Let's Make a Deal	Jan. 28	Van leaves at 10 a.m.	Bring a sack lunch
<i>Join us for the taping of Let's Make a Deal right here in Las Vegas. Dress up and you might be the next contestant.</i>			
Breakfast and Movie	Feb. 19	Van leaves at 9 a.m.	Movie & Breakfast \$
<i>Join your friends for breakfast and the latest blockbuster.</i>			
NASCAR Qualifying	Feb. 26	Van leaves at 9 a.m.	Personal \$
<i>Spend the day at the Las Vegas Motor Speedway watching the best in NASCAR action!</i>			
Digital Camera Trip: Red Rock	March 3	Van leaves at 10 a.m.	Sack Lunch
<i>Bring your digital camera to take some pictures. We will be focusing on high dynamic range photos.</i>			
Nature Walk and Picnic: Red Rock	March 19	Van leaves at 9 a.m.	Sack lunch
<i>Visit the beautiful Red Rock National Park and go on a nature walk!</i>			

Howard Lieburn Senior Center.....229-1600

Additional Cost

Downtown Cultural Series – Nomad (514453)	Jan. 15	10:30 a.m-2 p.m.	
<i>This is a program of exciting and intriguing music of clarinet, trumpet and piano.</i>			
Suncoast Breakfast & Movie (514452)	Jan. 26	9 a.m.-3 p.m.	
Hike Techatticup Natural Bridge, El Dorado (514455)	Feb. 10	8:30 a.m.-2 p.m.	
<i>Moderate level (because of loose footing) hike in the beautiful desert canyons near Nelson. Bring your own sack lunch.</i>			
Downtown Cultural Series – Shirley Chen (514454)	Feb. 19	10:30 a.m.-2 p.m.	
<i>Chinese Culture and Folk Dancing</i>			



Valley of Fire Camera Club Outing (514457)
March 8 • 8:30 a.m.-3 p.m.
Photo excursion to Valley of Fire. Practice skills in the beautiful and scenic red sandstone formations. Bring your own sack lunch.

Bonnie Springs & Red Rock Loop (514456)	March 18	9:30 a.m.-2 p.m.	\$3 Entrance Fee
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Las Vegas Senior Center229-6454

Additional Cost


Thrift Store Explore (530570)	Jan. 15	9 a.m.-3 p.m	Personal + Lunch \$
<i>We will stop for a quick lunch along the way.</i>			
Let's Make a Deal (530574)	Jan. 28	9 a.m.-3:30 p.m.	Personal \$
<i>Don't forget to put on your crazy costume and stuff your purse with different items!</i>			
Geocaching! Vegas Style (530575)	Feb. 18	9 a.m.-3 p.m.	Lunch \$
<i>Using a GPS you can help discover hidden caches around the valley.</i>			
Hoover Dam and Bridge Viewing (530576)	Feb. 26	9 a.m.-3 p.m.	Lunch \$
<i>We will have lunch in the Nevada Hotel in Boulder city and even have a little time for shopping. There will be a lot of walking as we will cross the Dam. We will not be taking the Dam tour.</i>			
Antique Mall and Tea (530569)	March 18	9:30 a.m.-3 p.m.	\$20
<i>We will go to a local antique mall and have a "light tea" at the Market Tea Room. You will have time to explore the antique mall as well. Enjoy tea, sandwiches, scones and sweets.</i>			
Clark County Museum (533206)	March 29	9 a.m.-3 p.m.	\$1 + Lunch \$
<i>Step into Las Vegas' past. Explore many homes and other sites that have been moved to this museum site.</i>			

Upcoming Events



Mark your calendar now!

April 2010

- The Salad Bar*Derfelt Senior Center*
Begins again in April.
- 

Easter Basket Workshop*Doolittle Senior Center*
Have a great day designing, decorating and filling your fabulous basket. See the model basket at the reception desk. Bring your supplies (a supply list will be provided at registration) and enjoy your creation.
April 2 • 1 p.m. • \$1
- Toenail Clipping Clinic*Derfelt Senior Center*
Dr. Marek returns for another clinic. First come, first served. April 8 • 11:45 a.m. • Free
- Clark County Fair Field Trip*Las Vegas Senior Center*
April 8 • 9 a.m.-3:30 p.m. • Personal \$
- Incredible Edible Egg Luncheon*Derfelt Senior Center*
April 14 • 11:30 a.m. • \$5
- Red Hat Rally*Las Vegas Senior Center*
April 23 • 11:30 a.m.-1:30 p.m. • \$10

May 2010

- The Salad Bar*Derfelt Senior Center*
- Cinco De Mayo Luncheon*Las Vegas Senior Center*
May 5 • 11:30 a.m.-1 p.m. • \$4
- Mother’s Day Pajama Party*Doolittle Senior Center*
Enjoy a kick back afternoon with smoothies, cookies, games and music. Wear your favorite PJs and have lots of fun with the girls. May 7 • Noon • \$2
- May All You Can Eat Taco Luncheon*Derfelt Senior Center*
Enjoy a traditional feast. May 13 • 11:30 a.m. • \$5
- Poker Tournament*Las Vegas Senior Center*
May 18 • 12:30-3:30 p.m. • \$2
- Texas Hold ’Em Tournament*Derfelt Senior Center*
May 17 • 11:30 a.m. • \$3

Upcoming Events (continued)

June 2010

- Lei Making Workshop*Las Vegas Senior Center*
June 15 • 10 a.m.-Noon • \$10
- Luau Luncheon*Las Vegas Senior Center*
June 16 • 11:30-1:00 p.m. • \$5
- Father’s Day Steppers Social*Doolittle Senior Center*
Dress to impress and hang your best girl on your arm while you step to familiar tunes. Enjoy an afternoon in your honor. Refreshments will be served. June 18 • Noon • \$2

AARP Tax Preparation

Appointments are required and will be taken starting January 11, 2010.

- Centennial Hills Active Adult Center** **229-1702**
Mondays Feb. 1-April 12 10 a.m.-4 p.m.
Wednesdays Feb. 3-April 7 (Walk-ins only) 10 a.m.-2 p.m.
- Derfelt Senior Center** **229-6601**
Tuesdays Feb. 2-April 13 9 a.m.-noon
Fridays Feb. 5-April 9 9 a.m.-noon
- East Las Vegas** **229-1515**
Fridays Feb. 5-April 9 9 a.m.-2 p.m.
- Las Vegas Senior Center** **229-6454**
Feb. 1-April 14 9 a.m.-noon
- Doolittle (VITA Preparation)** **229-1125** (ask for Linda)
Monday Feb. 1-Friday, April 9



Parks, Trails & Open Spaces

- Total Park Acreage 1,700 acres
Walking Path Mileage 70 miles
Trails Planned 132 miles
- | *Park Name | Ward | Mileage |
|-----------------------------|------|---------|
| Firefighter’s Memorial Park | 1 | 0.86 |
| All American Park | 2 | 0.80 |
| Freedom Park | 3 | 0.75 |
| Kellogg-Zaher Park | 4 | 2.2 |
| James Gay III Park | 5 | 0.68 |
| Centennial Hills Park | 6 | 1.50 |
- Additional parks include walking/jogging trails.
*For detailed information on the parks located in the city of Las Vegas, visit www.lasvegasparksandrec.com.

Downtown Senior Services Center

Your one-stop shop for senior services from the city of Las Vegas!

Bridger Health Center

310 S. Ninth St., Suite 110
220-9932

Medical services include geriatrics, family practice, women’s health and lab services provided by Nevada Health Center. Medicare, Medicaid and most insurances are accepted. A sliding-fee scale is offered for qualified, uninsured patients.

Senior Citizens Law Project

310 S. Ninth St., 2nd Floor
229-6596

Provides legal counsel and assistance to Clark County residents 60 years of age and older. See next page for more information.

Jude 22 Senior Nutrition Center

300 S. Ninth St.
229-1142
Monday-Thursday, 8:30 a.m.-1:30 p.m.
Friday, 8:30-11:30 a.m.
Closed 11:30 a.m.-Noon

Emergency food assistance available for adults age 60 and older who meet low-income federal guidelines.



The Department of Leisure Services is committed to the fair, honest, and professional treatment of all individuals and organizations with whom we serve. We fully support the Americans with Disabilities Act (ADA) and are dedicated to customer satisfaction. If you are an individual with a disability or a parent of an individual with a disability and require program modifications, please contact the program supervisor two weeks prior to the program start date. Program modifications will be made on an individual case-by-case basis. The City of Las Vegas Department of Leisure Services prohibits discrimination based on race, color, national origin, age, or disability in its programs and activities. If any individual believes he or she has been discriminated against, he or she may file a discrimination complaint with the Director, Equal Opportunity Program, U.S. Department of the Interior, National Park Service, P.O. Box 47127, Washington, DC 20013-7127.



Nevada 2-1-1 helps connect seniors with resources.

Have you ever needed help finding a resource to assist you with a problem you face? Nevada 2-1-1 is a great resource that can connect you to agencies that can provide answers.

Call 2-1-1 for information about:

- Basic human services
- Physical and mental health resources
- Employment support services
- Programs for children, youth and families
- Support for seniors and persons with disabilities
- Volunteer opportunities and donations
- Support for community crisis or disaster recovery

You can also access this information online at www.nevada211.org.

The city of Las Vegas Senior Citizens Advisory Board helps Las Vegas serve seniors.

This group of advocates works on your behalf to help provide workshops, create partnerships and advise the City Council and staff about the needs of our senior population.

The Senior Citizens Advisory Board meets on the second Thursday of each month at 1:30 p.m. at the Downtown Senior Services Center. The meetings are open to the public and we encourage you to share your opinions with the board.

Senior Citizens Law Project

The city of Las Vegas’ Senior Citizens Law Project provides quality legal counsel and assistance to Clark County residents 60 years of age and older regardless of income. There is no fee for these services; however, donations are accepted. Clients must attend a self help seminar to have their legal issues reviewed; those requiring further assistance will be scheduled for an individual appointment with an attorney. To reserve your place at an upcoming seminar, call **229-6596**, Monday-Friday, 8 a.m.-5 p.m. The Senior Citizens Law Project currently provides advice and assistance in a variety of legal areas including:

- Consumer Disputes and Debts
- Elder Rights
- Estate Planning
- Long-Term Health Care Planning
- Public Entitlements

The Senior Citizens Law Project does *not* provide assistance in the areas of:

- Criminal Law
- Family Law
- Personal Injury
- Utility or Housing Assistance

Weekly Legal Assistance

Monday-Thursday
9 a.m.-4 p.m. • By appointment only

Appointments will be made for clients needing assistance with legal matters including, but not limited to, general legal information, advance directive/planning for incapacity, affidavits of entitlement, bankruptcy pre-screening, consumer disputes and debts, estate planning, homesteads, medical records, name changes, sealing of records, safe deposit box issues, Social Security and termination of joint tenancy.



Self Help Seminars

Ask a Lawyer - General Legal Seminars
Come join an elder law attorney from the Senior Citizens Law Project for a free general legal seminar on issues relevant to seniors. Space is limited; call 229-6596 for more information or to reserve a place at one of the seminars. Individual appointments are not available at the seminars.

Heritage Park Senior Center267-4150
300 S. Racetrack Road, Henderson
Tuesdays, Jan. 5, Feb. 2, March 2 • 9–11 a.m.

Boulder City Senior Center293-3320
1001 Arizona St., Boulder City
Tuesdays, Jan. 12, Feb. 9, March 9
9–11 a.m.

Centennial Hills Active Adult Center229-1102
6601 N. Buffalo Drive
Tuesday, Jan. 26 • 10–11:30 a.m.

Doolittle Senior Center229-6125
1930 N. J St.
Tuesday, Feb. 23 • 10–11:30 a.m.

Howard Lieburn Senior Center229-1600
6230 Garwood Ave.
Tuesday, March 23 • 10–11:30 a.m.

